

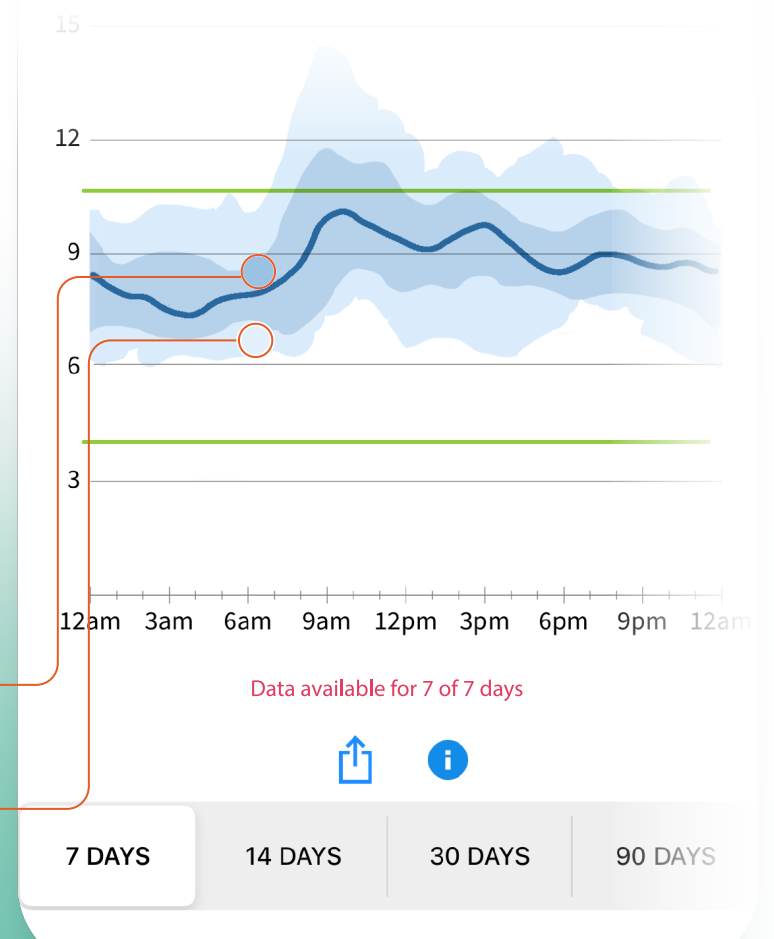
How do I read the AGP?

The Ambulatory Glucose Profile (AGP) shows your blood glucose readings over the last 7, 14, 30, or 90 days. We suggest using the 7 day AGP to review weekly.

The dark line shows the **median, or the middle number, of all the sensor readings at that time of day. Half of the numbers are above this line and the other half are below this line.**

The dark blue shaded area, which looks like a river, is the spread of your blood glucose 50% of the time.

The lighter blue/grey area is the spread of your blood glucose 80% of the time.



Daily Patterns (AGP)



Step 1:

Are your numbers within target range?

Most people with diabetes should aim to keep blood glucose between 3.9-10mmol/L more than 70% of the time.

Time in Range

Step 2:

Are there low blood glucose trends?

The first goal is to get rid of any low blood glucose (hypoglycemia) patterns.

What is causing the blood glucose to drop?

- Medication dose or timing?
- Physical activity?
- Skipped meals?
- Alcohol?
- Hormones? (Menses, menopause)
- Or something else?

How can you prevent low blood glucose?



Low Glucose Events



High Blood Glucose

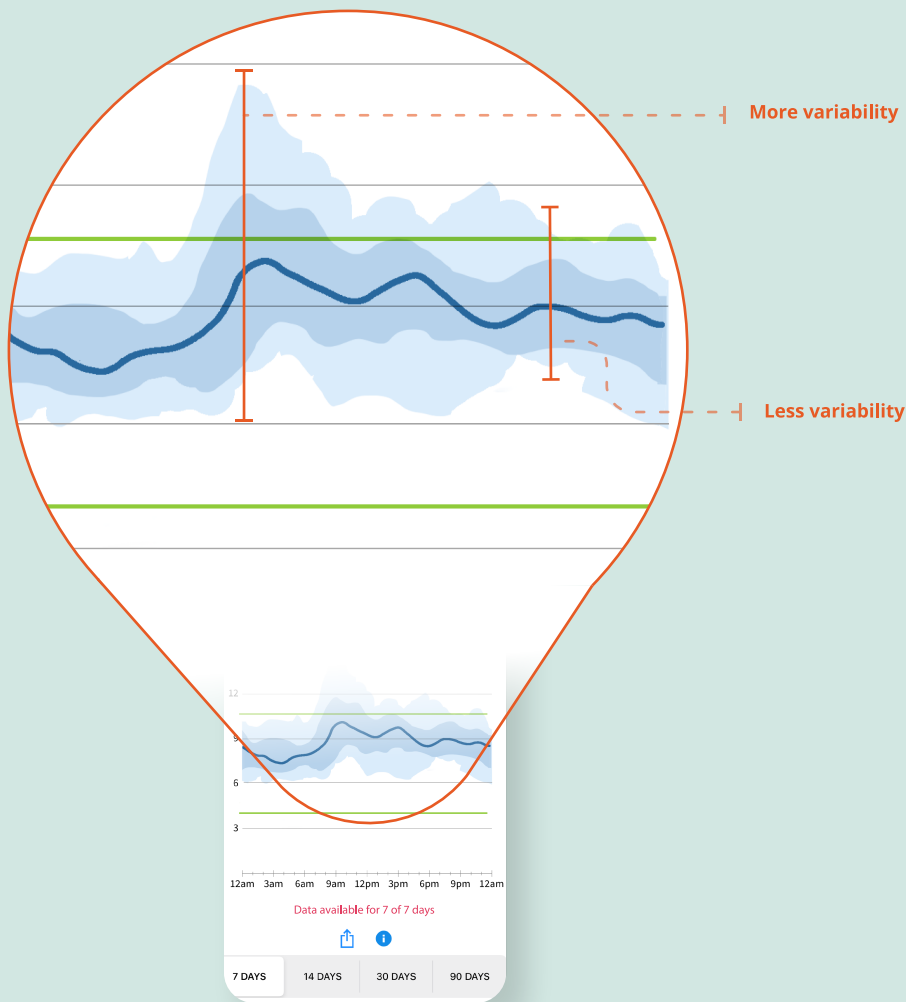
Step 3:

Are there high blood glucose trends?

What is causing the highs?

- Missed medications?
- Specific foods? Portion size?
- Physical activity?
- Stress?
- Illness?

How can you prevent high glucose?



Step 4:

Is there glucose variability?

More variability on your AGP means your blood glucose changes a lot from day to day. Look for the widest part of the blue shaded area.

What is causing the variability?

- Different types of foods on different days?
- Changing medication dosage or timing?
- Different kinds/levels/timing of physical activity?
- Other- e.g. work schedule? Stress? Hormones?

 **The goal is less variability.**

Step 5: Pick 1 thing to work on for a week



* snapshot of change

Take a screenshot of your 7-day AGP this week and compare it to next week. Did your week go as you planned?

Make it a habit!

- Reviewing your AGP every week can help you make the most of your CGM.
- Make small changes **that you can maintain**, to build confidence and slowly get your blood sugars more in target.

If you are having trouble reaching your targets, please contact your health care provider.